




Monday	Tuesday	Wednesday	Thursday	Friday
	1 Tropical Fruit Cup Vegetarian Hamburger/ Cheese on Hamburger Roll Baked Beans Carrots Fresh Seasonal Fruit	2 Tomato Juice Chicken Breast Mushroom Gravy Brown Rice Green Beans White Bread Fresh Apple	3 Hamburger Hamburger Roll Baked Beans Pepper Slaw Watermelon	4 CLOSED FOR HOLIDAY 
7 Tuna Salad Cold Plate Fresh Tossed Salad Potato Salad Fresh Grape Tomato Wheat Bread Fresh Seasonal Fruit	8 Juice Fruit Punch Italian Cold Cut Meat and Provolone Cheese on Sub Roll Potato Salad Cole Slaw Fruit Cocktail	9  BRUNSWICK SENIOR CENTER PICNIC	10 Pineapple Juice Baked Chicken Mashed Potatoes Sweet Peas Fresh Seasonal Fruit Whole Wheat Bread	11 Orange Juice Meatloaf with Brown Gravy Macaroni & Cheese Green Beans Fresh Apple Wheat Bread
14 Apple Juice Turkey Burger Lettuce Garnish Fresh Grape Tomato Potato Salad Hamburger Roll Diced Pears	15 Orange Juice Chef's Salad Diced Ham Diced Hard Boiled Egg Shred Cheese Grape Tomatoes Fresh Apple Slices	16 Apple Juice BBQ Beef Green Beans Scalloped Potatoes Sandwich Roll Tropical Fruit	17 Juice Fruit Punch Chicken Taco Salad Seasoned Ground Chicken Shredded Lettuce & Tomato Shredded Cheddar Cheese Refried Beans & Mexican Rice Pineapple Tidbits	18 Watermelon 1/4 lb. Beef Hot Dog Cole Slaw Pepper & Onion Garnish Baked Beans Apple Pie
21 Multi Bean Soup Apple Juice Fruit Cold Plate W/Cottage Cheese Hard Boiled Egg Peach & Pear Slices Pineapple Ring	22 Cranberry Juice Breaded Chicken Drumstick Mashed Potatoes Fresh Sweet and Sour Cabbage Slaw Fruit Cocktail Wheat Bread	23 Juice Fruit Punch Baked Potato Tossed Salad Ranch Dressing Chili con Carne Shredded Cheddar Cheese Applesauce	24 Pineapple Juice Hot Roast Beef with Gravy Mashed Potatoes Green Beans Whole Wheat Bread Fruit Cocktail	25 Orange Pineapple Juice Pork Loin w/ gravy Bread Stuffing Chick Pea Salad Hot Spiced Apples
28 Apple Juice Rotini with Sweet Italian Sausage Tomato Sauce Green Beans Whole Wheat Bread. Fresh Seasonal Fruit	29 Tomato Juice Diced Chicken & Pasta Salad served on a bed of Fresh Baby Spinach Corn Muffin Mandarin Oranges	30 Juice Fruit Punch Meatball Sub on Hot Dog Roll Shredded Mozzarella Cheese Fresh Tossed Salad Low Fat Ranch Dressing Diced Peaches	31 Grape Juice Pepper Steak Whole Grain Brown Rice Pilaf Brussels Sprouts Fresh Apple Wheat Bread	Please call the senior center coordinator or meal manager 48 hours in advance to reserve a meal.

~Menus subject to change~

~Milk is served with every meal~